

To Make Holiday Time Easier, Think.....

***N.O.E.L.***

***N***ote the effect of the environment and activities on your loved one.

***O***bserve normal routine. To decrease anxiety and agitation in your loved one during the holidays, keep his/her routine as normal as possible.

***E***xpect changes in the way you celebrate the holidays with your loved one. Capitalize on skills and activities that are still enjoyable to him/her.

***L***imit the expectations you place on yourself. If old traditions don't work, start new ones.

*Tips from Duke Family Support Program provided by NC Family Caregiver Support Program*